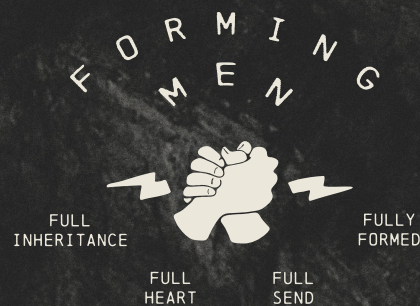


FORMING  
MEN

# MAN YEAR PLAYBOOK

> Physical Module Workbook:  
MONTH THREE



MAN  
YEAR

Forming Men

// Man Year Playbook

"Cover"



# FORMING MEN

## --- TABLE OF CONTENTS ---

> Re-evaluation	PG 1
> Week 5	PG 2
> Week 6	PG 9
> Week 7	PG 16
> Week 8	PG 23

**CURRENT STATUS 2 MONTHS IN**

Rate yourself on a scale of 1-10 in the following areas:

\_\_\_\_\_ Overall physical energy throughout the day

\_\_\_\_\_ Quality of sleep

\_\_\_\_\_ Current strength level

\_\_\_\_\_ Current endurance level

\_\_\_\_\_ Physical mobility/flexibility

\_\_\_\_\_ Daily water intake habits

\_\_\_\_\_ Nutritional habits

\_\_\_\_\_ Stress management

For each rating, briefly explain why you gave yourself that score:

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	<b>FORMING MEN</b>	
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--- WEEK NINE ---  
**ARCHAEOLOGICAL WORK**

When Paul speaks of becoming a new creation in Christ, he's not describing a factory reset that erases our God-given uniqueness. Rather, he's pointing to a profound death and new life—the death of the distorted man shaped by sin and the world and the new life of the distinct man God originally designed us to be.

Think about that for a moment. The cross isn't just about salvation; it's the doorway to restoration. When Jesus says, "Take up your cross," He's inviting us into a death that leads to authentic life. We die to sin, the accumulated false selves, the twisted narratives, the broken ways of being—not to become identical copies of each other, but to come to a new life as the unique men God dreamed up before time began.

This is where we must think like archaeologists. Beneath the layers of cultural conditioning and deformation, father wounds, betrayals, and lies we believe is something remarkable is the original blueprint of a man unlike any other. God didn't create an army of robots or replicas. He created you—with your specific appearance, blend of gifts, perspectives, and capabilities. Your personality, your way of thinking, your particular strengths (in their purest form)—these weren't random accidents. They were intentionally crafted by the Master Designer. They just might be operating in a distorted and twisted mode right now.

The Holy Spirit's work in your life isn't about erasing your uniqueness to make you generically "Christian." His work is about restoring your true self while conforming your character to Christ's. Think of it this way: Christ shows us what perfect humanity looks like—complete alignment with God's purposes, perfect love, unshakeable identity, authentic strength. But this Christ-likeness doesn't override your God-given design; it actually enables you to fully become the distinct man God intended.

**Consider these layers that might need excavation:**

- > Pride that convinced us our way was better than God's prescribed path
- > The numbing effects of sexual sin that dulled our spiritual senses
- > Self-reliance that rejected God's leadership and provision

- > The prison of performance-based identity
- > Spiritual passivity that left our families vulnerable
- > Fear that led us to control rather than trust
- > The distortion of God-given desires into destructive pursuits
- > Lies that we believe which have hardwired problematic subconscious narratives
- > The hardening of our hearts through repeated small (or big) compromises

Each of these is like sediment covering the original foundation of who God specifically designed you to be. But beneath it all lies a man whose uniqueness reflects a distinct facet of God's creative mind. This is the man God had in mind when He first imagined you.

This archaeological approach to identity transforms everything. You're not trying to become someone else's version of a godly man. You're not trying to fit into a one-size-fits-all mold of Christianity. You're uncovering the unique way God designed you to reflect His image and advance His kingdom.

The exciting truth is that this original design can still operate if we let the Spirit do His work. Like an ancient city buried but perfectly preserved, the distinct man God intended you to be remains intact beneath the surface and will be *fully revealed* in eternity. Every time you reject conformity for authenticity, every time you embrace your God-given differences, every act of courage to be fully yourself while fully submitted to Christ and aiming to display his character, serves to reveal more of that original design.

This journey requires both death and new life. Death to the false and distorted man we've constructed. Death to the masks we've worn. Death to the limitations we've accepted. But through this death can come more of the new life and life abundantly – the emergence of the unique man God designed, now fully alive in Christ.

As you continue this journey of discovery, approach each day with holy anticipation. The Spirit is at work, carefully removing layers to reveal something remarkable—not just another Christian man, but you, fully alive, fully yourself, fully submitted to Christ.

PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 9	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected: \_\_\_\_\_

This Week's Training:

☐ **Training Session 1:**  
Details of what you did  
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☐ **Training Session 2:**  
Details of what you did  
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☐ **Training Session 3:**  
Details of what you did  
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Additional metrics specific to your challenge:

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Quote for the Week:

*Real transformation happens as you work with the Holy Spirit to first uncover what's truly there - that's the archaeology part - and then restore it according to God's specifications. You're not constructing something foreign to yourself - you're being restored to what God intended all along."*

– Month 3 Keynote

## WEEK 9: ARCHEOLOGICAL WORK

### Reflection

Take time to journal through the following:

1. What layers of false identity, sin, or worldly thinking might be covering up God's original design for your life?
2. How have you been approaching transformation more like a builder (trying to construct something new) rather than an archaeologist (uncovering what God already designed)?
3. In what areas of your life have you experienced the difference between behavior modification and true identity transformation?

### Action Planning

> What worked well this week?

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> What specific obstacles emerged in implementing your new habits?

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> What adjustments will you make next week to overcome these challenges?

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### Commitment for Week 10:

> What one specific change will you implement this week?

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## Group Discussion Questions

> What does it mean to you that God had a specific design in mind when He created you? How might this differ from how you've previously thought about personal transformation?

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> Share a time when you experienced the Holy Spirit revealing something about your true identity in Christ that had been buried under years of false beliefs or sinful patterns.

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> The video mentions that transformation starts with "metanoia" (complete renewal of our thinking) and flows into "metamorphosis" (reshaping of life). How have you seen this play out in your own journey with Christ?

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**Greatest Victory This Week:**

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**Biggest Challenge This Week:**

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**Energy Level (1-10):** \_\_\_\_\_**Sleep Quality (1-10):** \_\_\_\_\_**Stress Level (1-10):** \_\_\_\_\_**Additional Notes:**

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	<b>FORMING MEN</b>	
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--- WEEK TEN ---  
**BEYOND BEHAVIOR MODIFICATION**

Most men approach change through sheer force of will. They grit their teeth, push through workouts, follow strict meal plans, and white-knuckle their way through new disciplines. This surface-level approach might work for a few weeks or even months, but eventually, willpower depletes. When it does, they find themselves right back where they started, often feeling more defeated than before.

The next level of change comes through habit formation. This is where many men graduate to creating systems, establishing routines, and engineering their environment for success. They meal prep on Sundays, pack their gym bags the night before, and set up automatic reminders. This approach is far more effective than relying on willpower alone, but even well-established habits can crumble when they collide with deeper, unaddressed issues.

The real transformation happens when we finally confront the operating system running beneath our conscious choices—the deep-seated beliefs and internal narratives that actually drive our behaviors. These subconscious programs often run counter to our conscious goals. While we’re trying to build discipline on the surface, these underlying beliefs whisper constant opposition: “You’ll never stick with this,” “You don’t have what it takes,” “This isn’t who you really are.”

These aren’t just passing thoughts; they’re deeply embedded lies that have become part of our internal operating system. They show up in moments of stress, fatigue, or challenge, sabotaging our best efforts and strongest commitments. This explains why many men can maintain their disciplines when life is stable but watch everything unravel during seasons of pressure or adversity.

True transformation requires identifying these lies for what they are — beliefs that set themselves up against God’s truth, His ways, and His design. Every lie we believe is ultimately a rejection of God’s character, His principles, or His intended purpose for our lives. The truth that overcomes these lies isn’t found in self-help books or motivational speeches; it’s discovered through careful study of Scripture, attentiveness to the Holy Spirit’s promptings, and the faithful words of our spiritual community.

When brothers in Christ speak truth into our lives, calling out the gifts they see, challenging our self-imposed limitations, and pointing us back to God's Word, they're helping us identify and replace these faulty beliefs. The Holy Spirit, working through Scripture and prayer, reveals where we've believed lies about God's character, His promises, or His design for our lives. Through consistent meditation on God's Word, we begin to see how these lies have shaped our behavior and limited our understanding of what's possible.

The process of transformation involves regularly bringing our thoughts captive to Christ, measuring them against the truth of Scripture, and allowing the Holy Spirit to renovate our thinking. As we immerse ourselves in God's Word, pray for wisdom, and remain open to the Spirit's conviction, our internal operating system gradually aligns with God's truth. This isn't about positive thinking; it's about bringing every thought into alignment with what God says about Himself, His ways, and His design for our lives.

When our internal beliefs align with God's truth, discipline becomes less about forcing yourself to act against your nature and more about living in harmony with God's design and purposes. The same workouts, the same nutrition plans, the same disciplines, but now driven by conviction of truth rather than the condemnation of lies. This is where lasting transformation takes root – when our actions flow from a mind renewed by truth and a heart aligned with God's purposes.



PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 10	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected: \_\_\_\_\_

This Week's Training:

☐ **Training Session 1:**  
Details of what you did  
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☐ **Training Session 2:**  
Details of what you did  
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☐ **Training Session 3:**  
Details of what you did  
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Additional metrics specific to your challenge:

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Quote for the Week:

*"Your old habits and behaviors are a result of the subconscious narratives playing out in your mind without you knowing. As you consistently act differently, even in small yet regular ways, you're slowly re-forming the story that your subconscious mind believes and repeats to you."*

– Month 3 Keynote

## WEEK 10: BEYOND BEHAVIOR MODIFICATION

### Reflection

Take time to journal through the following:

1. What lies have become part of your internal operating system? Take time to identify specific thoughts that regularly surface when you face resistance or challenges.
2. When you study Scripture, what truths about God's character and His ways most directly challenge the lies you've identified?
3. How have the words and observations of your spiritual community revealed aspects of God's design that you struggle to see in yourself?

### Action Planning

> What worked well this week?

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> What specific obstacles emerged in implementing your new habits?

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> What adjustments will you make next week to overcome these challenges?

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### Commitment for Week 11:

> What one specific change will you implement this week?

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### Group Discussion Questions

> Share a specific example of how a lie you believed affected your behavior and how God's truth began to transform that area of your life.

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> What has been your experience with the three levels of transformation (willpower, habits, identity)? Which level do you find yourself operating in most often?

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> How has the Holy Spirit's prompting through Scripture, prayer, or community revealed areas where your thinking needs to be renewed? What practical steps are you taking to align with these truths?

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**Greatest Victory This Week:**

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**Biggest Challenge This Week:**

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**Energy Level (1-10):** \_\_\_\_\_

**Sleep Quality (1-10):** \_\_\_\_\_

**Stress Level (1-10):** \_\_\_\_\_

**Additional Notes:**

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	<b>FORMING MEN</b>	
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--- WEEK ELEVEN ---  
**RESISTANCE IS FORMATION**



When you start pushing against your current limitations, resistance isn't just likely; it's guaranteed. Most men interpret this resistance as a sign something's wrong, but Kingdom men understand that resistance is often confirmation they're moving in the right direction. Throughout Scripture, we see this pattern—every significant move of God faced opposition. Moses confronted Pharaoh, David faced Goliath, Daniel entered the lions' den, and Paul endured shipwrecks and imprisonment. The presence of resistance often signals the significance of the mission.

Understanding resistance through this biblical lens transforms how we approach it in our own lives. When you commit to stewarding your body as an act of worship, you're declaring that physical strength has spiritual purpose. You're stating that your body isn't just for your own goals or achievements but for advancing God's kingdom. This declaration invites opposition because it threatens both your own comfort-seeking nature and the enemy's preference for weak, distracted believers.

The internal resistance first shows up as rationalizations: "I'm too busy right now," "I'll start when things calm down," "I've earned a break." These thoughts seem reasonable, even prudent. But like Satan's twisting of scripture in the wilderness temptation of Jesus, these rationalizations often distort truth just enough to derail us. They're not just random thoughts; they're tactics in a war being fought in your mind.

This mental battlefield is where transformation either advances or retreats. Paul understood this when he wrote about taking every thought captive to Christ. Every excuse, every rationalization, and every self-limiting belief must be examined in light of God's truth. When your mind whispers "You don't have what it takes," God's Word declares you can do all things through Christ who strengthens you. When fatigue suggests "This isn't worth the effort," Scripture reminds us that your body is a temple of the Holy Spirit and that God chose the human form when He could have done literally anything—proving it has some intrinsic value we don't fully understand.

Beyond the mental battlefield lies the physical dimension of resistance—the actual weight of the bar, the resistance of gravity against your running stride, the burn in your muscles during training. This physical resistance serves as a tangible metaphor for other areas.

This is where many men miss a crucial truth: physical training, when approached with spiritual mindset, becomes a laboratory for developing warrior attributes that transfer far beyond the gym. The discipline to complete one more set when your body screams to quit builds the spiritual muscle to stand firm in prayer when breakthrough seems distant. The patience to stick to a training plan develops the persistence needed for a lifetime of constant spiritual formation into the image of Christ. The humility to start with lighter weights and proper form cultivates the spiritual wisdom to build sustainable kingdom habits instead of flash-in-the-pan Christian behaviors.

Each time you choose discipline over comfort, you strengthen your ability to choose God's ways over worldly compromise. When you persist despite obstacles, you build the resilience needed for long-term kingdom impact.

PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 11	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected: \_\_\_\_\_

This Week's Training:

☐ **Training Session 1:**  
Details of what you did  
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☐ **Training Session 2:**  
Details of what you did  
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☐ **Training Session 3:**  
Details of what you did  
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Additional metrics specific to your challenge:

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Quote for the Week:

*"Remember what we've talked about several times through Man Year: resistance isn't an automatic sign something's wrong - it's most often a confirmation you're doing something right."*

- Month 3 Keynote

## WEEK 11: MEN WELCOME RESISTANCE

### Reflection

Take time to journal through the following:

1. Looking back at the past 2+ months, what forms of resistance have you encountered most frequently? What might this reveal about areas where God is working to transform you?
2. In what ways has resistance in your physical training prepared you for other domains of life as a man?
3. When you face opposition in your health journey, do you typically interpret it as a setback or a sign of being on the right path? How might shifting this perspective change your response?

### Action Planning

> What worked well this week?

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> What specific obstacles emerged in implementing your new habits?

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> What adjustments will you make next week to overcome these challenges?

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### Commitment for Week 12:

> What one specific change will you implement this week?

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## Group Discussion Questions

> Share a specific example of how you see resistance in your physical training as something valuable for spiritual warfare.

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> How do you practically prepare for and respond to the three types of resistance (internal, environmental, spiritual) in your daily routine?

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> What biblical examples of resistance that led to God's intended outcome have most encouraged you in your journey? How could you apply these to your own world?

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**Greatest Victory This Week:**

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**Biggest Challenge This Week:**

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**Energy Level (1-10):** \_\_\_\_\_

**Sleep Quality (1-10):** \_\_\_\_\_

**Stress Level (1-10):** \_\_\_\_\_

**Additional Notes:**

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	<b>FORMING MEN</b>	
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--- WEEK TWELVE ---  
**A LEGACY OF STRENGTH**

Just as Nehemiah faced intensified opposition when the walls were nearly complete, you're entering a critical phase of your strength journey. The foundations are laid, but how you finish will echo far beyond these final weeks. This isn't just about completing a fitness module; it's about establishing a legacy of strength that will impact generations.

Consider King David's final charge to Solomon in 1 Chronicles 28:20: *"Be strong and courageous, and do the work."* Notice the order—strength and courage precede the work. David understood that being prepared in body and spirit was essential for the tasks God had appointed. He wasn't just passing on a kingdom; he was transmitting a vision of wholehearted service to God's purposes.

This multi-generational vision appears throughout Scripture. Moses invested in Joshua through close mentorship, preparing him for the challenges ahead. Joshua would later lead the people into battles that required both spiritual and physical readiness. The relationship between Elijah and Elisha shows us how one generation's faithfulness creates opportunities for the next. Paul, even in his final letters, remained actively engaged in ministry until the end, showing us that stewardship of our strength matters throughout our entire life's journey and passing those attributes and perspectives along to his protégés like Timothy and Titus.

Your commitment to physical strength creates ripples that extend far beyond your own life. When your children see you prioritizing the stewardship of your body, they learn that health is a sacred trust, not just a personal choice. When your wife sees you pushing through resistance to maintain your strength, she witnesses firsthand what it means to love her sacrificially by preparing yourself to serve and protect for decades to come.

This legacy builds slowly, almost imperceptibly at first. Like Abraham, who "went out, not knowing where he was going" (Hebrews 11:8), you may not see the full impact of your faithfulness in this area in your lifetime. But every workout you complete, every healthy choice you make, every time you choose discipline over comfort, you're laying another stone in a foundation that future generations will build upon.

Consider Caleb, who at age 85 could declare, “I am still as strong today as I was in the day that Moses sent me” (Joshua 14:11). This wasn’t a boast but a testimony to decades of God aiding him in his stewardship. His strength remained because he understood it served a purpose beyond himself, and God blessed him in that—it was for claiming the inheritance God had promised. Your strength journey isn’t just about personal achievement; it’s about expanding your capacity to serve God’s kingdom. When you’re stronger, you can serve longer, give more, and stand firmer. You’re better equipped to defend the vulnerable, provide for your family, and persevere in your calling.

As you enter these final weeks, remember: you’re not just building muscle; you’re building momentum for a movement of men who view physical strength as spiritual stewardship. Your example will inspire others to break free from passive Christianity and embrace the call to readiness and resilience. This is particularly crucial in our current culture, where physical weakness often parallels spiritual complacency.

The Apostle Paul used athletic metaphors throughout his letters, urging believers to run their race with endurance (Hebrews 12:1), to discipline their bodies and keep them under control (1 Corinthians 9:27), and to train themselves for godliness (1 Timothy 4:7-8). He understood that physical discipline, while secondary to spiritual growth, serves as both a training ground and a testimony to our commitment to excellence in all areas of life.

Let your vision extend beyond immediate goals to the generational impact of your commitment. You stand in a long line of faithful men who understood that serving God requires all of our strength—physical, spiritual, and mental. Your dedication to physical strength today is preparing you and those who follow your example for opportunities and challenges yet to be revealed.

This is your moment to establish not just habits but heritage, to create not just change but legacy, and to build not just strength but a standard that will guide future generations of men in stewarding their strength for God’s glory. The example you set today, the disciplines you establish, and the vision you embrace will echo through the lives of those who follow after you.

Like Nehemiah’s wall-builders, who completed their work with tools in one hand and weapons in the other, you’re called to build something that will last while staying ready for whatever challenges may come. Your strength isn’t just for you; it’s a resource for God’s kingdom, a testimony to His provision, and a legacy for those who will follow in your footsteps.

PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 12	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected: \_\_\_\_\_

This Week's Training:

☐ **Training Session 1:**  
Details of what you did  
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☐ **Training Session 2:**  
Details of what you did  
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☐ **Training Session 3:**  
Details of what you did  
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Additional metrics specific to your challenge:

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Quote for the Week:

*"When Nehemiah and the people finished those walls, Scripture tells us that 'the surrounding nations were afraid and lost their self-confidence, because they realized that this work had been done with the help of our God.' That's exactly what we're after - not just completing a fitness module, but demonstrating what happens when men work in partnership with God to restore what He designed."*

- Month 3 Keynote

## WEEK 12: A LEGACY OF STRENGTH

### Reflection

Take time to journal through the following:

1. Looking back over these 12 weeks, what has been your most significant discovery about how God designed you for strength? What lies about yourself have been "excavated" and replaced with truth?
2. What specific habits or practices from this module have become so natural that you can't imagine not continuing them? Which ones still need more intentional focus?
3. How has your understanding of physical stewardship's role in your spiritual life evolved since starting this module? How will this understanding guide your choices moving forward?

### Action Planning

> What worked well this week?

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> What specific obstacles emerged in implementing your new habits?

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> What adjustments will you make going forward into other modules to overcome these challenges?

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## Group Discussion Questions

- > Share your biggest victory from these 12 weeks—not just in terms of physical achievements but in your understanding of strength as spiritual stewardship. How will you build on this victory going forward?

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- > What systems and structures do you need to keep in place as you move into the next module to maintain loving God with your physical strength? What commitments will you make to the group about how you'll "continue on"?

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- > As we conclude this module, what would you tell another man just starting this journey? What key insights about physical stewardship, discipline, and God's design would you want him to internalize from the very beginning?

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**Greatest Victory This Week:**

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**Biggest Challenge This Week:**

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**Energy Level (1-10):** \_\_\_\_\_

**Sleep Quality (1-10):** \_\_\_\_\_

**Stress Level (1-10):** \_\_\_\_\_

**CHALLENGE COMPLETION**

Did you complete the challenge you chose at the beginning of this module?

**YES** \_\_\_\_\_

**NO** \_\_\_\_\_

**What's your biggest takeaway from completing the challenge?**

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